



November 2021

Virtual Nutrition Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<ul style="list-style-type: none"> Presentation Support Group Hands-On Kid Activity Movement Demonstration Virtual Store Tour 	1 Low Sodium Holiday Meals 12:00 – 12:45 PM Supporting Eye & Brain Health with Nutrition 3:00 – 4:00 PM	2 Travel Tips for Healthy Holidays 12:00 – 1:00 PM	3 Kids Get Cooking: Homemade Butter & Rolls 10:00 – 11:00 AM	4 Move More Indoors 11:00 AM – 12:00 PM Living with Diabetes 6:00 – 7:00 PM	5 Kids Get Cooking: Cranberry Blondies 11:00 AM – 12:00 PM	6 Kids Get Cooking: Cranberry Blondies 10:00 – 11:00 AM
7	8 Travel Tips for Healthy Holidays 2:00 – 3:00 PM Plant-Powered Eating and Meal Planning 6:00 – 7:00 PM	9 Nutritional Benefits and Uses of Yogurts 10:30 – 11:30 AM or 6:30 – 7:30 PM Smart Snacking with Diabetes 6:00 – 7:00 PM	10 Portion Control at Holiday Meals 1:00 – 1:45 PM	11 Be Nutrition Savvy Over the Holidays 4:00 – 5:00 PM	12	13 Exploring the Mediterranean Diet 10:00 – 11:00 AM
14	15 Food Safety Tips for Healthy Holidays 3:30 – 4:30 PM	16 Keeping an Organized Kitchen 12:00 – 1:00 PM	17 Living with Diabetes 11:00 AM – 12:00 PM Kids Get Cooking: Homemade Butter & Rolls 6:00 – 7:00 PM Supporting Eye & Brain Health with Nutrition 6:30 – 7:30 PM	18 Eating Behavior Management Series 4:00 – 5:00 PM Healthy Holidays with Diabetes 6:00 – 7:00 PM	19 Kids Get Cooking: Apple Pie Roll-Ups & Cranberry Cream Cheese Crescents 11:00 AM – 12:00 PM	20 Understanding the DASH Diet 11:00 AM – 12:00 PM
21 Utilizing Holiday Leftovers 4:00 – 5:00 PM	22 Heart-Healthy Holidays 10:00 – 10:45 AM	23 Portion Control at Holiday Meals 3:00 – 3:45 PM	24	25	26	27
28	29 Utilizing Holiday Leftovers 3:00 – 4:00 PM Move More Indoors 3:30 – 4:30 PM	30 Supporting Immunity with Nutrition 10:30 – 11:30 AM	Learn something new with our FREE Virtual Nutrition Events! Led by registered dietitians, we offer fun & educational events for the whole family. For full event descriptions & to register, visit www.bigy.com/LivingWell/GetSocial or scan the QR Code.			

